



RED WIGGLER COMMUNITY FARM

Creating fertile ground to nourish a healthy and inclusive community.

www.redwiggler.org



2023 CSA Member Handbook

This handbook contains essential information regarding your share, important dates, program guidelines and more. Please review prior to registering, and keep as a reference document throughout the season.

Welcome to Red Wiggler Community Farm's Community Supported Agriculture Program!



Red Wiggler is a sustainable Care Farm where people with and without developmental disabilities come together to work, learn and grow healthy food. Our Community Supported Agriculture program provides the framework for our vision of creating fertile ground to nourish a healthy and inclusive community.

OUR 50/50 CSA MODEL

Our unique CSA provides fresh and highly nutritious produce to the surrounding community through our 50/50 model. 50% of our produce is distributed through our traditional CSA shares (that's you!), on-farm events and markets. The other 50% is distributed among several local food bank partners, group home partners, and elementary school programs*. Our 50/50 model allows us to provide fresh, organic, and nutritious produce to as many people in our community as possible, many of whom cannot access or afford fresh veggies without help.

As a Traditional CSA Share member, you support our work to provide meaningful jobs to people with developmental disabilities, and nurture a healthy community. In exchange, we provide you with organically grown vegetables, herbs and flowers as part of a weekly, on-farm experience.

*This 50% is largely paid for by food banks, grants, and individual donations. To support equitable food access in our community, consider a donation to us or your local food bank.

2023 CSA SCHEDULE

Our 22-week CSA is divided into 3 sessions: Spring, Summer and Fall. Join us for 1 session, or all 3! All sessions include organic vegetables, access to our PYO gardens, access to our compost program, free tours, and more.

Spring Session	Summer Session	Fall Session
6 Weeks	7 Weeks	9 Weeks
May 17 – June 24	July 12 – August 26	Sept 13 – Nov 11
\$165	\$235	\$300

*Pick-up days for all sessions are Wednesdays from 2-5 or Saturdays from 9-12. You will choose your pick-up day during the registration process.

*A non-refundable \$50 registration fee applies to all CSA applications.

Please note that all CSA pick-ups are at Red Wiggler Community Farm in Ovid Hazen Wells Park at 23400 Ridge Road, near Clarksburg, MD. By joining our CSA, you commit to visiting the farm once a week during your chosen session(s).

HOW TO REGISTER

So that we can best fulfill our mission and vision, we intentionally keep our CSA small, and we have a lot of returning members. Registration rarely opens to the public, as shares typically sell out early. Returning CSA members get first priority, and will receive a link via email to the online registration page. After 2-3 weeks, we open registration to our waiting list, who also receive a link via email. Whether you're a returning member or on the waitlist, we suggest you register as soon as possible, as spots fill up quickly! If you prefer a paper application, please contact Rachel Armistead at csa@redwiggler.org or 301-916-2216.

UNDERSTANDING YOUR CSA SHARE

Being a part of Red Wiggler's CSA is a wonderful way to bring local, sustainable, seasonal produce into your home, enjoy a farm visit each week, and support our mission. In addition to organic produce, your CSA fee includes weekly access to

flowers and herbs in our Pick-Your-Own Gardens, and participation in our Compost Program, described below.

Vegetables: A weekly share of vegetables is made up of 4-6 items that vary each week. We always try to incorporate a lot of choice in the shares, as well as some unusual items, so members get plenty of their favorites, while also trying new things. We value our vegetables competitively with local farmers' markets and organic grocery stores. We're happy to share information about how we value our vegetables or structure our shares; if you're curious, just ask!

Vegetables typically available by season (list not exhaustive)

Spring	Summer	Fall
Lettuce, Swiss Chard, Kale, Collards, Mustard Greens, Kohlrabi, Turnips, Radishes, Spring Onions, Garlic Scapes	Tomatoes, Sweet Peppers, Hot Peppers, Cucumbers, Summer Squash, Carrots, Potatoes, Garlic, Beets, Swiss Chard, Eggplant	Kale, Collards, Carrots, Swiss Chard, Beets, Turnips, Radishes, Garlic, Kohlrabi, Winter Squash, Sweet Potatoes, Cabbage

Pick-Your-Own Gardens (PYO): The PYO is a part of your weekly share value, ranging from \$2 to \$8 per week, depending on what is available. The PYO gardens are full of seasonal flowers, herbs, and/or vegetables, and are a wonderful way to spend some therapeutic time on the farm. To get the full value from your share, we encourage you to take advantage of the PYO every week.

- PYO items are marked with a blue flag if they are available for picking. Please pick only from these plants.
- Signs next to plants will tell you how to pick and use each item.
- Bring your own clippers or scissors if you have them (we have extras too).
- Bring a container—vase, small bucket, bag or basket—to contain your herbs and flowers. When we have vegetables to pick (snap peas, beans, etc.), we'll give you a container that's the right size for that vegetable.
- Remember the PYO is shared among all CSA members—please think about others when deciding how much of any one herb or flower to take.

Compost Program: Our compost program is included in your CSA share as part of a weekly services fee. All CSA members are encouraged to take advantage of our new, [expanded](#) compost program. It's an easy process, and one of the simplest things you can do to reduce your impact on the environment. We have recently partnered with local provider, [Compost Crew](https://compostcrew.com/) (<https://compostcrew.com/>) to dramatically increase what items we can accept. Here's how you can participate:

1. At your first CSA pick-up, grab a bucket or countertop bin, and a liner (optional). You are also welcome to use your own compost container.
2. Find a spot at home for your bucket or bin, put the liner inside, and lay a few pieces of black and white newspaper, paper towel or craft paper inside (to help absorb moisture).
3. Toss your compostable materials in the bin. See compostcrew.com/thelist for guidance on what can and cannot go into your bins.
4. Bring your full compost bucket with you to your next CSA pick-up, dump it into the big green bins by the barn, rinse your container out (we're happy to help with this!), and grab a new liner (optional).
5. Repeat weekly. And pat yourself on the back, knowing you're diverting food waste away from the landfill, and helping the environment!

HOW TO GET THE MOST OUT OF YOUR CSA SHARE

1. Attend MuffinLuck (CSA Orientation) on Saturday, May 13th. Enjoy coffee and pastries with Red Wiggler's farmers and other CSA members, all while learning more about what's in store this season. Topics covered include:
 - Our distribution philosophy and your role in it
 - Overview of how to pick up your share
 - Tour of the Pick-Your-Own Gardens
 - Overview of our new (and improved!) compost program
 - What to do when you need to miss a pick-up
2. Read the weekly newsletter for share info, recipes, and farm updates
3. Join the Red Wiggler CSA Facebook page
4. Bring your home compost to the farm each week
5. Visit the PYO gardens every week for seasonal flowers and herbs
6. Sign up for a CSA tour (always free for members and their families)

HOW TO PICK UP YOUR SHARE

1. Read the weekly newsletter for share info, recipes, and farm updates
2. Use caution when entering and leaving the farm; Ridge Road can get very busy, and there are no traffic-controlling measures in place at our intersection
3. Please drive slowly when approaching the Big Red Barn. The parking lot can get pretty busy with cars and pedestrians, so we appreciate your caution
4. Bring your reusable bag, box or basket into the Big Red Barn
5. Check in using the primary shareholder's name at the check-in table
6. Check the white board for the share contents; follow the list as you choose your veggies at various stations throughout the barn
7. While you're by the barn, dump and rinse your compost container
8. Head over to the PYO Gardens to pick fresh herbs and flowers
9. Ask us questions! We are always available to answer any questions about the vegetables, fields or anything else going on at the farm

HOW WE COMMUNICATE WITH MEMBERS

E-mail: All important CSA information will be e-mailed to members. The e-mails will automatically go to whomever completes the initial registration (primary shareholder). To add others to the e-mail list please contact Rachel at csa@redwiggler.org. During each session, members will receive a weekly email containing pertinent pick-up information and the weekly share newsletter, The Worm's Voice.

Red Wiggler CSA Facebook Group:

This private forum is a place for CSA members to share recipes, pictures or ask questions. It's there for you to use! Visit <https://www.facebook.com/groups/RWCFCSA/> and request to join. Please note, this is separate from the Red Wiggler Community Farm Facebook page.

Social Media: While no crucial CSA information is delivered over our general social media channels, following Red Wiggler's [Facebook](#), [Twitter](#) or [Instagram](#) feeds will give you a deeper understanding of our programs.

Website: We do not use the website to post information midsession for CSA members. However, you can access old newsletters, more information about the compost program, and CSA FAQs on our CSA page: <https://redwiggler.org/csa>.

FREQUENTLY ASKED QUESTIONS

What if I can't pick up my share one week?

1. Send someone else to get it for you. This is a great chance for a friend or neighbor to find out what it's like to be part of the Red Wiggler community. If they tell us they're picking up for you, we'll check off your name and help them out. You do not need to tell us in advance.
2. Let us donate your share. After the pick-up is through, we donate what remains to an agency that serves people in need.
3. Switch your pick-up day that week. See below for more information.

Can I switch my pick-up day one week? Because of harvest constraints, we cannot accommodate the switching of pick-up days from week to week. However, we understand that life happens! If you need to make a one-time switch on your pick-up day due to vacation or work constraints, please email Rachel at csa@redwiggler.org at least 3 days before your desired change. We will do our best to accommodate your request, but please understand that this will depend on the time of year and harvest schedule. Thank you for understanding.

Do you deliver or have other pick up sites? All CSA pick-ups occur at the farm. We do not deliver or have other pick-up sites. The farm address is 23400 Ridge Road, Germantown, MD 20876.

Can I have more vegetables? Our CSA shares are based on a target value each week. We work very hard to make sure you always receive the full value of your share. If you want more veggies on top of your original share, please stop by the sales table in the barn to see what extras we have available. Extra veggies are typically priced at the same value as they are in the CSA share.

What if I don't like a certain vegetable? We encourage you to try everything in your share, and we also try to make sure you have plenty of options to choose from. But if there is something you know you just won't use, consider giving it to a friend or neighbor. Otherwise, you're welcome to leave it behind. Anything left will be donated to someone who needs it.

Can I bring my pet? While we love our furry friends, in order to meet food safety standards, we ask that you leave your pets at home. Necessary service animals are allowed.

Do I need a bag? We highly encourage you to bring your own bag, box or basket to pick up your produce. If you forget, we have a limited number of grocery bags available.

Do you offer "half shares"? We do not offer half shares. The typical share throughout the season is 4-6 vegetable items, 1 bouquet of flowers, and 2-3 bunches of herbs. Some participants choose to split their share with another household and divide the share, or alternate pick-ups. Need help figuring out if splitting a share is an appropriate choice for you? Email Rachel at csa@redwiggler.org for additional guidance.

I need help! During CSA pick-ups, we always have staff members or volunteers available to answer questions. Take advantage of us! We can identify the vegetables you don't recognize and give you ideas for how to prepare them. At other times, email questions or comments to the CSA Coordinator at csa@redwiggler.org.

ABOUT RED WIGGLER COMMUNITY FARM

Red Wiggler is a sustainable Care Farm where people with and without developmental disabilities come together to work, learn and grow healthy food. Our vision is to create fertile ground to nourish a healthy and inclusive community through:

1. Meaningful employment for adults with developmental disabilities.
2. Delivering food to our community through our 50/50 distribution model.
3. Education and service learning opportunities in an inclusive setting to youth and adults with and without developmental disabilities.
4. Adherence to our [Core Values](#).

GET MORE INVOLVED

Volunteer: Work alongside our Growers in the field seeding, tending and harvesting. We also have occasional needs for individuals who can do remote computer projects, or have expertise in equipment, building maintenance, or other specialized skills. Contact Becca Roe, our Volunteer Coordinator, at volunteer@redwiggler.org about becoming a general or specialized volunteer.

Bring a group: There are Field Tours scheduled throughout the season (May-November), which CSA members can attend for free. If you have a large professional, educational or civic group, you can also schedule a private tour or service learning opportunity, Contact Becca Roe at volunteer@redwiggler.org for scheduling and information.

Donate: Red Wiggler is a non-profit entity that relies on individual donations and grants. Make a donation or come to an event! Federal employees can support our programs through your CFC giving. Our number is 34399. Donate at <https://www.redwiggler.org/donate>.